

Setswana

Kgato

3c

Basimane ba ba bothhale



Leah Sapi



Medumopuo (e e boeleditsweng)

bj, mp

Medumopuo (e mešwa)

tsh, tšh

Basimane ba ba bothale

Setswana

Kgato: 3C

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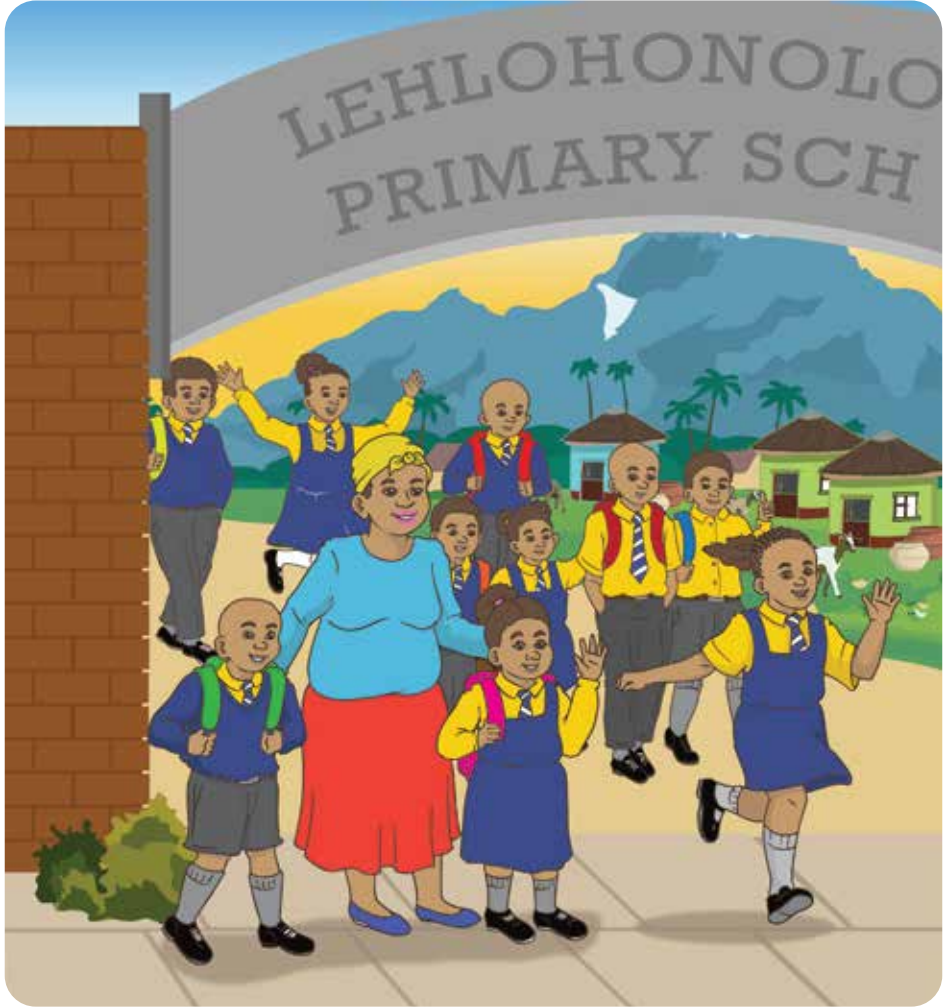
Basimane ba ba bothhale



Leah Sapi

Tshipi ya sekolo e a lela. Tshepo le Tsholo ba tabogela sekolong.

Ba nanabela kwa thapelong ya sekolo.





Thuto ya gompiano e ka ga go dira tshingwana ya merogo.

Tshepo o buisana le Tsholo ka go simolola tshingwana ya merogo. Tsholo a dumalana le Tshepo ka go jala sepinatšhe.

Ka Lamatthatso ba makatsa rremogolo ka go tsoga mo mesong.

Ba ne ba kokotleditse madi a go tswa go rremogolo.

Ba ne ba tabogela lebenkeleng go reka peu ya sepinatšhe.





Tshepo le Tsholo ba tsaya sejana sa kgale ba tshela mmu le motshotelo. Ba gasa dipeu tsa sepinatšhe, ba tshela metsi letsatsi lengwe le lengwe.

Morago ga malatsi a marataro, dipeu tsa simolola go mela.

Ba tsaya nnete ba khurumetsa dijilwana ba tshaba dinonyane.

Basimane ba lebelela lefelo go dira tshingwana. Ba kgora, ba tshela motshotelo mme ba tlhakanya le mmu. Ba epa diforwana, ba tshela metsi.





Morago ga dibeke tse pedi, dijwana tsa bo di godile. Basimane ba kotula dijwana. Ba di jala gape ka diforo. Ba tshela metsi thapama letsatsi lengwe le lengwe.

Dinonyane di ne tsa ja dijalo tsa ga Tshepo le Tsholo.

Ba tshamekela fa gaufi le tshingwana go koba dinonyane. Fa ba ile sekolong, dinonyane tsa bona sebaka sa go ja dijalo tsa bona.

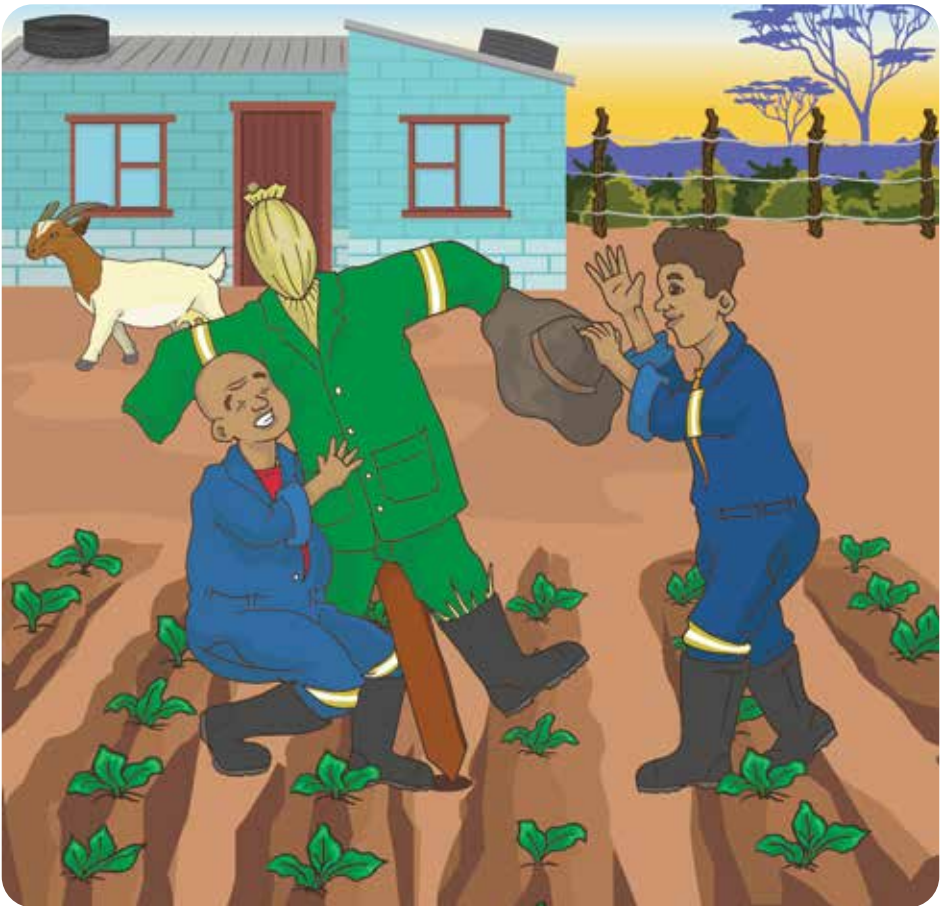




Tshepo le Tsholo ba kopa rremogolo maele. Ba fiwa maele a go dira setshosa. Tshepo le Tsholo ba dirisa dithobane tse pedi, go dira sefapano. Ba di bofa ka mogala.

Tshepo le Tsholo ba apesa sefapano ka obarolo, hutshe e kgolo le dibutshi.

Ba baya setshosa sa bona mo gare ga tshingwana. Fa mowa o foka matsogo a obarolo a ye godimo le tlase. Se, sa dira gore dinonyane di tshabe.





Tsholo le Tshepo ba leboga maele a ga rremogolo. Ba itumelela setshosa sa bona.

Ba bolelela ditsala tsa bona ka ga setshosa.

Jaanong, ba simolola go tshameka ka gophuthuloga.

Basimane ba netefatsa gore tshingwana ya bona ga e na mofero. Ba ntsha sejalole sengwe le sengwe se se neng se sa batlege mo tshingwaneng ya bona.





Tshingwana ya bona e ne e kgathisa.
Sepinatšhe e le se se tala. Se kgatlha matlho
a bafeti ka tsela.

Tshepo ga a fetse go bua ka sepinatšhe sa bona. “Goreng o rata sepinatšhe ka tsela e?” ga botsa Tsholo.

“Sepinatšhe se siametse mebele ya rona. Re tshwanetse go ja merogo go aga mebele ya rona,” ga araba Tshepo.





“A merogo yotlhe e aga mebele ya rona?”
Tshepo a tswelela go botsa. ”Go jaalo.

Fela merogo e farologana ka dikotla.” ga
araba Tshepo.

Tshepo a se ka a felela foo. A bua ka dikotla tse re di fitlhelang mo sepinatšheng. Mo teng ga digerama tse lekgolo tsa sepinatšhe go na le

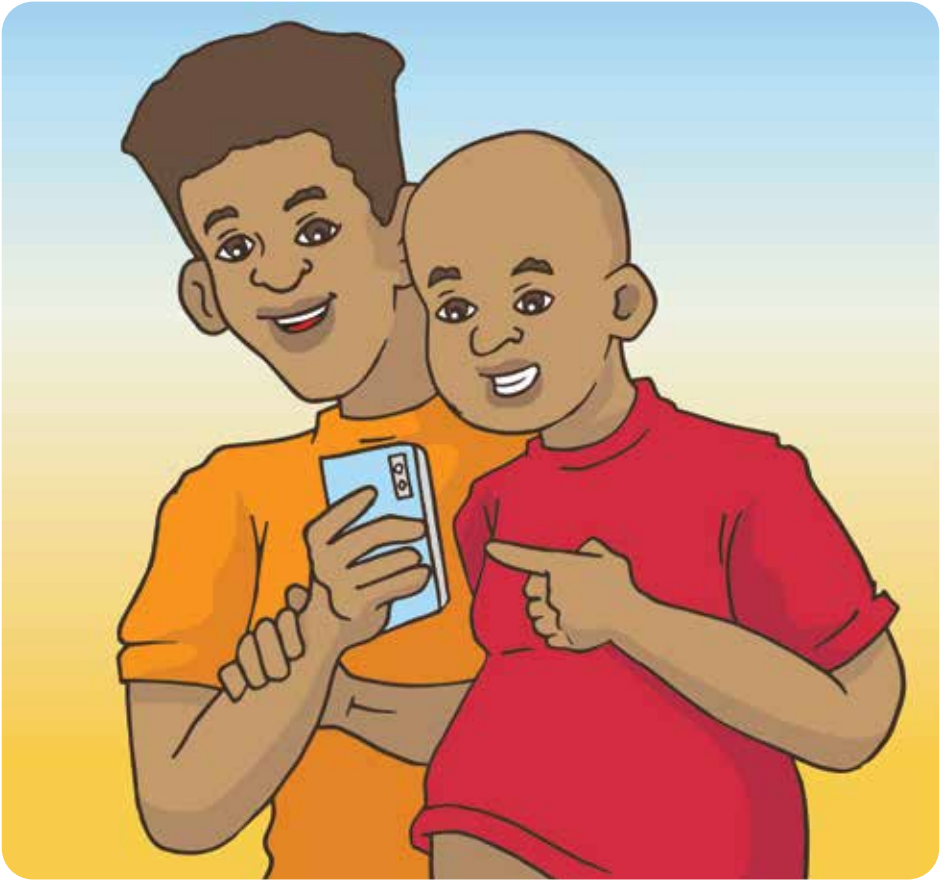
metsi – 91%

diporoteini – 2.9g

sukiri – 0.4g

mafura – 0.4g le tse dingwe





Jaanong Tsholo o gakgametse le go feta. "O bona kae tshedimosetso e?" "Ke buisa dibuka go tswa kwa laeboraring le go dirisa Google mo mogaleng wa letheke. A o a itse gore sepinatšhe se na le dibithamine le dimenerale tse di tsholang mebele ya rona e matlafetse?" ga botsa Tshepo.

Sepinatšhe se na le dibithamine tse di latelang:

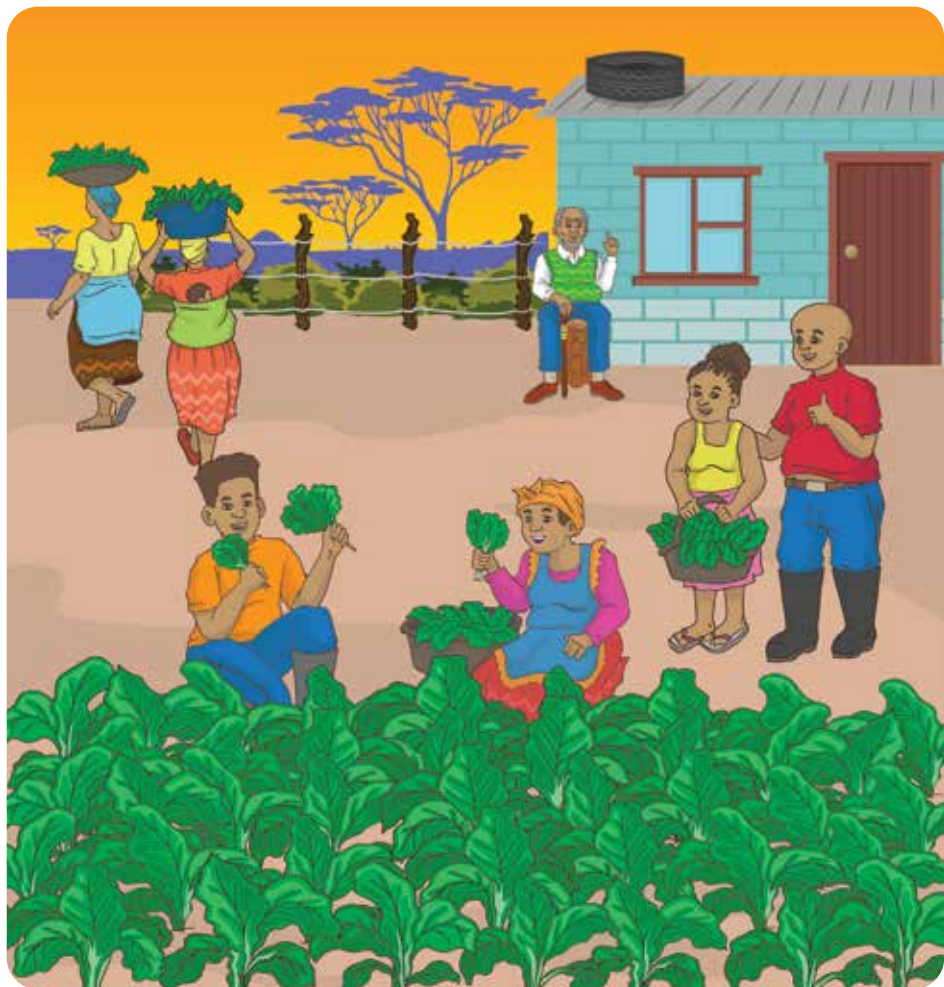
Bithamine A – e thusa ka pono

Bithamine C – e thusa masole a mmele.

Bithamine K1 – e thusa go gwama ga madi fa motho a gobetse.

Bithamine B9 – e thusa go gola ga dithwe tsa mmele.





Morago ga dibeke tse thataro sepinatšhe se siametse go kotulwa. Tshepo le Tsholo ba kotula sepinatšhe, go se ja le balelapa. Ba abela le baagisani.

Basimane ba itumetse. Tshepo o leboga Tsholo ka tshedimosetso eo a mo fileng yona. Le ena a simolola go buisa le go batlisisa ka merogo le maungo a a farologaneng. Tsholo a simolola go nna tsala ya laeborari.





Readers

Kgato 1

- Molelo
- Nna bonolo, Malebo
- Namune e e bonolo
- Sebati le segokgo
- Pako o a penta
- Esele
- Go bala meropa
- Pula ya semaka
- Lebo o a emaema
- Komelelo
- Yuna o gobetse
- Noga
- Lerato la Mogale le Morero
- Bana ba thusang
- Di ka fofa?
- Sopo e monate
- Yuna o a makala
- Basetsana ke Badisa
- Meriri e megolo
- Jobe ga a robale
- Rre o tla boa leng?
- Ba kwa polaseng
- Jase e Fetogile
- Lerato la Mawelana

Kgato 2

- Mosebetsi le manaane.
- A re bolokeng metsi
- Metsi ka mo le ka mo
- Monyanyi wa mathaithai
- Mosese wa Mebalabala
- Sebelane sa ga Tinyeko
- Go utlwelela dijo tsa setso
- Bula, tswala, tseweletsa
- Ditlhako tsa Rethabile
- Motshameki yo o kgethegileng
- Leseka la gauta
- Tsalatsala, mosetsana wa sengangabele
- Leano la ga Mmolotsi
- Bolo e timetse
- Dimpho
- Mmutla wa mathajana

Kgato 3

- Go gola ga Segwagwa
- Molemuriu Morwesi le dikgabo
- Monwedi le dithuthuntswane
- Monate wa motogo
- Molemo wa Phodiso
- Kwena e e kgopo
- Motswako o Molemo
- Moswana wa Mogale
- Morei wa ditlhapi
- Ga ke rate merogo!
- Dipoo di a itefeletsa
- Ke tse kgolo mo go nna!
- Mosetsana yo o bothhale
- Setlhako se sentle
- Mefuta ya Dinamelwa
- Basimane ba bothhale
- O a tlhobaela
- Bolwetse jwa Mofikela
- Botsalano jwa nnete
- Go fetoga

Kgato 4

- Dinotshe
- Phatso o itumetse!
- Ditsala ka dinako tsotlhe
- Molalatladi wa ga Lorato
- Mekgwa ya botshelo ba baVenda
- Mofikela wa diKolobe
- Keletso ya ga Maano e fetoga nnete
- Thapelo o tshwara legodu
- Gontse o tiisa mmele wa gagwe
- Rre wa rona, motlhatheledi wa diphologolo

Kgato 5

- Mae a Soso a a timetseng
- Mama Afrika, Mirriam Makeba
- Go thusa rremogolo go fola
- Peo ya dikgakgamatso
- Molemo o itse nako.
- Leeto go ya serapeng sa diphologolo
- Ditlhare tsa Afrika Borwa
- Toro ya ga Phenyo

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EST. 1974



Ulwazi Lethu ke setheo se se simolotsweng le go tshegetswa ka madi ke Zenex Foundation go tokafatsa motseletsele wa dibuka o o kwadilweng go ya ka dikgato le ya boitapoloso mo babusing ba dipuo tsa seAforika mmogo le didiriswa tsa tshegetso ya morutabana. Motseletsele o, o kwaletse gore o rute le go tshegetsa barutwana ba Kgato ya motheo gore ba tokafatse puiso le tlhologanyo ya bona ya Puo ya gae. Dibuka tse tsa puiso, di tlhagelela ka diteme di le robongwe tsa seAforika, ka tirisano mmogo le Molteno Institute for Language and Literacies, Nelson Mandela Institute, Room to Read South Africa, le Saide. Didiriswa tsotlhe di tsweliswa jaaka “Open Education Resources” (OER).

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